

MENTAL HEALTH



A	Active lifestyle	It is very important to eat a balanced diet and take regular exercise
B	Bullying	Tell a parent or teacher if you are being bullied
C	Childline	Online; www.childline.org.uk Phone: 0800 1111 they give advice about emotional wellbeing
D	Disappointment	If I were disappointed about my test result's I would try to improve my score next time by practicing until I understood the parts I found tricky
E	Emotions	Think positive and know it is ok if you have negative thoughts sometimes
F	Feelings	Always talk about upsetting feelings to someone you trust
G	Goal	Set yourself goals like learning to bake or learning a new skill
H	Help others	If someone is upset talk to them about their problems or talk about something different to take their mind off their problem
I	Impact	Something that feels really upsetting now may not seem that bad after you have talked it through with someone else.
J	Journaling	If you are upset you can write about your problems if you don't want to talk about it
K	Kind	Be kind to yourself and others
L	Let down	Tell the person who has let you down why you feel let down, so they know what they have done
M	Medical professionals	You can talk to an NHS hero about your feelings too
N	Negative comment	If someone says something mean to you don't listen
O	Overcome	You can find a solution to any problem
P	Perspective	Talk to someone to get their view on your problem so they can help you.
Q	Questions	If you are concerned about anything you can always ask your parents, teachers or friends
R	Resilience	If you are struggling to do something keep trying until you can do it
S	Samaritans	Online; www.samaritans.org Phone: 116 123 they give advice about emotional wellbeing
T	Text	Stay in touch with people by creating group chats on WhatsApp
U	Upset	Before upsetting someone stop and think would you like that to happen to you
V	Violence	It is not ok for someone to hit you or for you to hit someone else
W	Walk	Try to walk 10,000 steps a day
X	Xmas	Plan things you look forward to and spend time with your family
Y	Young minds	www.youngminds.org.uk give advice about emotional wellbeing
Z	Zen	Download apps like headspace and meditate to feel relaxed

